



Alternative Healing

B1-B2
Module 8

Here's What
We Will Be
Learning in this
Presentation:



Summary

- Difference between conventional and alternative medicine.
- Glimpse of Some Alternative Healing Techniques.
- Exercises.

Vocabulary

Stimulate: raise levels of physiological or nervous activity in (the body or any biological system).

Herb: any plant with leaves, seeds, or flowers used for flavoring, food, medicine, or perfume.

Conventional: (in this context) traditional and ordinary.

Mainstream: considered normal, and having or using ideas, beliefs, etc. that are accepted by most people.

Difference between conventional and alternative medicine.



Conventional Medicine – Medicine and medical approaches practiced by holders of medical degrees like an M.D. Allied health professionals like nurses or therapists are included as well. Other terms for **conventional** medicine include: western, **mainstream** or biomedicine.

Alternative Medicine – Healthcare practices and approaches used instead of conventional methods. Traditional Chinese medicine practiced from thousands of years is based on the theory, illness results from improper flow of life force (qi) through the body.



Glimpse of Some Alternative Healing Techniques

Acupuncture: It is one of the most widely accepted alternative medicine techniques in the Western world. Licensed practitioners do not necessarily have a medical degree, although some medical doctors, often pain specialists, are trained and licensed to perform acupuncture. It involves stimulating specific points on the body, usually by inserting very fine needles into the skin and underlying tissues.



Ayurveda: Originating more than 4,000 years ago in India, it is still a popularly practiced (and followed) technique. Ayurveda is based on the theory, illness results from the imbalance of the body's life force. Herbs, massage, yoga, and internal cleansing are recommended to restore balance within the body and nature.



Yoga Therapy: The use of yoga to address mental and physical problems while integrating body and mind. It is a popular form of exercise all over the world.

Homeopathy: This branch of alternate medicine was developed in Germany in the late 1700s, is based on the principle that "like cures like". In other words, a substance which causes illness, in large doses, is believed to cure the same illness if given in small doses. The remedies used in homeopathy are derived from naturally occurring substances, such as plant extracts.



Shiatsu: The most widely known form of acupuncture, shiatsu has been used in Japan for more than 1,000 years to treat pain and illness and for general well-being. Using a series of techniques, practitioners apply rhythmic finger pressure at specific points on the body in order to stimulate the vital energy.

Exercise 1

Explain the terms:

- 1) Mainstream
- 2) Stimulate
- 3) Conventional
- 4) Herb
- 5) Conventional Medicine

Exercise 2

- 1) Define alternative and conventional medicine in your own words.
- 2) Explain Acupuncture in your own words.
- 3) What are some features of Ayurveda and Yoga Therapy?
- 4) Explain Shiatsu in your own words.
- 5) Define Homeopathy.

Exercise 3

Now read about Chang-Yu and her conflict with traditional Chinese medicine and conventional medicine.

My name is Chang-Yu and I am from Taiwan. About 6 months ago I was diagnosed with cancer. My oncologist was very nice and spent a lot of time talking to me about treatment. He said I would need to have surgery and then begin chemotherapy. But when I told him I also wanted to talk to my Chinese Doctor in Chinatown about possible herbal treatment, he became upset. He told me that I could get sicker if I wasted my time with these treatment. So I talked to my family doctor and he suggested I see someone new, Dr. Laurence.

I called Dr. Laurence first to see how she felt about traditional Chinese medicine. She said it was fine as long as I continued my treatment with her. I liked her even more after I went to visit her.

She had done some research and said that Chinese medicine can help reduce my nausea during my chemotherapy treatment. She encouraged me to go, but she said that I must report everything I take or do and that I need to check-in with her before trying some new treatment or herb that might interfere with other drugs. I feel worried and anxious about my cancer, but I am glad that I am able to use both Western and Chinese medicine to help fight it.

Now Answer these questions:

- 1) How did Chang-Yu's first oncologist feel about Chinese herbal medicine? Why do you think he feels this way?
- 2) How does Dr. Laurence feel about Chinese herbal medicine?
- 3) What instructions were given by Dr. Laurence?
- 4) Give us your opinion on combining conventional and alternative medical treatment.
- 5) How was Chang-Yu's experience with Dr. Laurance?

Exercise 4

At the Acupuncturist:

Anne: Hello Doctor, my lower back has been hurting for the past two weeks; I have tried painkillers, however, nothing has changed. In fact, I can neither walk without limping nor lie down.

Acupuncturist: Hello Anne, did you try some new exercise or has there been any lifestyle changes recently?

Anne: I have a two year old baby at home, she was walking on her own until about a month ago, she insisted I carry her everywhere. If I don't, she cries and throws a tantrum.

Acupuncturist: Alright, this may be one reason for your back pain. We can start your treatment immediately.

Anne: How long does the treatment last? Will I have to change anything?

Acupuncture: The treatment takes about 3 months. As far as changes go, it is better to stop carrying your child completely.

Anne: Oh! No! How will I manage her tantrums?

Acupuncturist: I leave that decision to you, however, you will be able to hold your child on your lap or even make her sit close to you. Right now, my priority is make you fit enough, so you can give your child complete attention.

Anne: Alright, I'll start with the treatment. Thank you Doctor.

3 Months Later...

Acupuncturist: How are you feeling now, Anne?

Anne: I am much better, your treatment is extremely effective! The back-pain has gone and I can also walk without limping.

Acupuncture: That is excellent! I want you to come every 3 months for a check-up to monitor your back and to see if you are generally doing well.

Anne: I certainly will. Thank you once again, see you in 3 months.

Answer These Questions:

- 1) What was Anne's problem and what was she doing about it before going to the Acupuncturist?
- 1) What was the lifestyle change Anne referred to?
- 1) How long was Anne's treatment for?
- 1) What did the acupuncturist advise, to make the treatment more effective?
- 1) What was recommended after the treatment was complete?